



Newquay Primary Academy

EYFS and KS1 Overview

Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Move like a.....</p> <p>Explore and develop movement skills including... rolling, walking, crawling, jumping, running, hopping, skipping and crawling</p>	<p>Treasure Hunting</p> <p>Incorporate collecting, carrying, and counting equipment with movement skills. Develop body strength, ABC, taking turns, working together as a team</p>	<p>Hands and Eyes</p> <p>Refine movement skills, develop fluency, be able to link movements together</p> <p>Acquire skills to roll, catch and throw with different objects</p>	<p>Target Practice</p> <p>Participate in obstacle courses that combine movement with throwing and catching</p> <p>Small-sided games that focus on teamwork, rules and learning how to win / lose</p>	<p>Water Confidence</p> <p>Enter the water safely Jump in Float Roll over Blow bubbles Swim Enter, turn, return Exit safely Recognise dangers</p>	<p>Olympics!</p> <p>Consolidate and refine previous learning through different weekly events:</p> <p>Sports day Beach games Cheerleading etc.</p>
Year 1	<p>Agility – Balance - Coordination</p> <p>Develop basic movements... Including agility, balance and coordination</p>	<p>Jump – Shape – Create</p> <p>Develop agility, balance and coordination through gymnastic activities</p>	<p>Look – Run – Avoid</p> <p>Team games developing simple tactics for attacking and defending</p>	<p>Throw – Prepare – Catch</p> <p>Develop hand-eye coordination and be able to throw and catch with a sound technique</p>	<p>Float – Swim – Be safe!</p> <p>Develop water skills to 'float to live'. Refine swimming technique</p>	<p>Aim – Strike -React</p> <p>Use agility, balance and coordination to participate in striking and fielding activities</p>
Year 2	<p>Duel – Win – Lose</p> <p>Team games developing simple tactics for attacking and defending</p>	<p>Inspire – Create – Perform</p> <p>Explore dance movements by creating movement patterns</p>	<p>Hands – Feet – Equipment</p> <p>Master basic movements.... Object control and dribbling</p>	<p>Fair – Share – Dare</p> <p>Apply skills in games whilst embedding values such as fairness and respect</p>	<p>Float – Swim – Be safe!</p> <p>Identify dangers and understand water safety, continue to develop and refine swimming strokes</p>	<p>Strike- React -Rally</p> <p>Develop hand-eye coordination and use ABC to participate in net and wall activities</p>